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WHAT IS CLAIMED IS:

- 1. A powertrain mount comprising:
 - an upper orifice plate;
 - a lower orifice plate; and
- a generally planar diaphragm having an enlarged central node and a periphery, the central node being in constant contact with the upper orifice plate and in contact with the lower orifice plate, and the periphery being free to move between the upper orifice plate and the lower orifice plate.
- 2. The powertrain mount of claim 1 wherein the upper orifice plate includes a plurality of holes through which fluid may flow.
- 3. The powertrain mount of claim 2 wherein the holes have a generally circular cross-section.
- 4. The powertrain mount of claim 1 wherein the lower orifice plate includes a plurality of holes through which fluid may flow.
- 5. The powertrain mount of claim 4 wherein the holes have a generally circular cross-section.
- 6. The powertrain mount of claim 1 wherein the periphery of the diaphragm includes a raised rim.
 - 7. The powertrain mount of claim 1 wherein the upper and lower orifice plates define an orifice track.

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8. A powertrain mount comprising:an upper orifice plate;a lower orifice plate; and

a generally planar diaphragm including an enlarged central node and a periphery, the central node being in constant contact with the upper orifice plate and in contact with the lower orifice plate, and the periphery having a raised rim that is free to move between the upper orifice plate and the lower orifice plate.

- 9. The powertrain mount of claim 8 wherein the upper orifice plate includes a plurality of holes through which fluid may flow.
- 10. The powertrain mount of claim 9 wherein the holes have a generally circular cross-section.
- 11. The powertrain mount of claim 8 wherein the lower orifice plate includes a plurality of holes through which fluid may flow.
- 12. The powertrain mount of claim 11 wherein the holes have a generally circular cross-section.
- 13. The powertrain mount of claim 8 wherein the upper and lower orifice plates define an orifice track.

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14. A powertrain mount comprising:
an upper orifice plate having a plurality of holes through which fluid may flow;

a lower orifice plate having a plurality of holes through which fluid may flow; and

a generally planar diaphragm having an enlarged central node and a periphery, the central node being in constant contact with the upper orifice plate and in contact with the lower orifice plate, and the periphery being free to move between the upper orifice plate and the lower orifice plate.

- 15. The powertrain mount of claim 14 wherein the holes in the upper orifice plate have a generally circular cross-section.
- 16. The powertrain mount of claim 14 wherein the holes in the lower orifice plate have a generally circular cross-section.
- 17. The powertrain mount of claim 14 wherein the periphery of the diaphragm includes a raised rim.
- 18. The powertrain mount of claim 14 wherein the upper and lower orifice plates define an orifice track.